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Easy Mushroom Noodle Soup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 mins	15 mins	20 mins	2 to 3 servings

NOTE

While you may be tempted to cut down on using an extra pot, I do not recommend cooking the noodles directly in the soup as they will likely overcook and become mushy. Cooking the noodles separately and rinsing them before combining with the soup helps them keep their shape and texture.

Ingredients

- 1 (32-ounce) carton mushroom broth
- 1 (6-ounce) package sliced cremini mushrooms
- 1 cup frozen shelled edamame
- 1/2 (5-ounce) clamshell baby spinach (about 2 cups, loosely packed)
- 1 teaspoon soy sauce, plus more to taste
- 5 ounces dried noodles (like ramen, lo mein, udon, or rice noodles)
- 2 teaspoons toasted sesame oil
- Scallions and sesame seeds, for serving, optional

Method

1. Boil the broth:

Into a large saucepan pour the mushroom broth. Cover with a lid and bring to a boil over high heat.

Fill a second large saucepan or pot with water, cover, and bring to a boil. You'll use this water to cook the noodles.

2. Cook the vegetables:

   Add the mushrooms and edamame to the broth, reduce the heat to medium-low, and simmer gently, uncovered, for 5 minutes. Then stir in the spinach, add the soy sauce, and turn the heat off.

3. Cook the noodles:

   While the vegetables cook, add the noodles to the boiling water and cook according to the package directions. Drain the noodles and rinse well under running water to wash off excess starch.

4. Garnish and serve:

   Divide the noodles among bowls and top with the soup. Drizzle each bowl with 1/2 teaspoon sesame oil. Garnish with scallions and sesame seeds, if using, and serve hot. Serve with extra soy sauce, if needed.

   Leftover broth and noodles should be refrigerated in separate airtight containers for up to 3 days. To reheat, bring the broth to a boil in a saucepan and pour over the cold noodles in a bowl.

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Nutrition Facts (per serving)

169	5g	23g	9g
CALORIES	**FAT**	**CARBS**	**PROTEIN**